

# POWER IN PRESENCE WORKSHOP

The Power in Presence Workshop uses a compassionate technique to work through triggers and other symptoms of trauma, without talking about the trauma event. The technique is called GTEP or Group Traumatic Episode Protocol. It was formed through an evidence-based therapy called EMDR or Eye Movement Desensitization and Reprocessing. This one-time group is facilitated by individuals trained in GTEP where they'll use specific guidelines to respect the privacy for all participants.

## Our Goal

Through the Power in Presence Workshop we aim to provide immediate intervention to Youth and their families, decrease trauma responses and distress as a result of a recent or past event, and strengthen resiliency and hope within each person.

## Who will benefit?

Any Youth ages 5-18 and their family who have been identified as victims of trauma through use of the Traumatic Stress Screen for Children and Adolescents, a tool we use to identify symptoms of traumatic stress. This tool is administered upon entry to any program within Care Plus NJ.

## What to expect

- Groups will be offered within two weeks of initial contact with Care Plus services.
- Family members will be offered the opportunity to participate in the group.
  - Additionally provides coordination, linkage and support to all families.
  - Spanish speaking clinicians available as needed.

For more information please contact  
Ashley Morolla, MA, LPC, ACS, CCTP  
201-797-2660 ext 5690 [ashleym@careplusnj.org](mailto:ashleym@careplusnj.org)